

FAMILY MATTERS

Volume 5, Issue 12, December 2014

**The Advantages
of Joint Services
Support**

**Survive the Flu
Season**

**Ready for an
Emergency?**

Get your Family Supply List

**The Gift of
Giving**

**Teen Council closes
out 2014**



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Photo provided by: NCNG Family Programs

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Guardyourhealth.com Take 3 to Survive the Flu Season.



Happy December Greetings,

We've arrived at the end of another year. I hope that you truly enjoyed spending time with your Families and friends during the Thanksgiving holiday, and that you have plans to continue the fun during December!

For those with a Service Member currently deployed, we've included an article on how you can celebrate the holidays while you're away. If you're preparing to deploy in the near future, we've recently learned about a new program that can help you find a temporary home for your dog while you're away.

This time of year, we have an opportunity to reflect on all that has happened this year, and think about all of the blessings that we've received during the year. So, while you're thinking about the year that is coming to an end, please take a moment to think about the things that you've accomplished during the year, this also includes your children's accomplishments, (i.e. getting the new job, getting a raise, learning how to cook, taking an interest in a new hobby, starting kindergarten, learning to read, learning to ride a bicycle, taking dance lessons, starting boy/girl scouts, getting ready for graduation, applying for college, etc.). All of these things are ACCOMPLISHMENTS! Sometimes it's very easy to dwell on the negative, but we need to think about all that has gone well (even the small things) and CELEBRATE them. Facing challenges, and making decisions are what we do every day, without REALLY thinking they are accomplishments, but they are.

Each year we're very grateful for the many individuals and organizations that have supported our programs, Families/service members and children. Many organizations, like the Raleigh Elks Lodge, John Deere, Wells Fargo and many others, make a plan to assist you (our service members and Families) every year. Please take a look at our Facebook page to see some of the wonderful pictures. Without their help, we wouldn't be able to provide Thanksgiving/Christmas meals, Back to School supplies and many other opportunities to support you throughout the year. So, please join us and say "THANK YOU" to all of our Benefactors who provide a variety of items to those who are in need of assistance.

December is not only a time for "counting our blessings", but it's a time for giving to others. We encourage you take the time to think about volunteer opportunities, not only with us, but with other organizations, as well. In addition, as usual, we will have our "Adopt an Angel" program again this year. If you're interested in assisting a North Carolina National Guard child in need, please come by, or contact our JFHQ Family Program office (see the details on page 10).

I sincerely hope that you take a few minutes this, very busy December, to say "Thank you" to your Family for all the good times and things you've done and accomplished this year. Please plan some FUN, and even try for a little relaxation, during this very hectic time.

Remember, we're here for you and your Family, so don't hesitate to contact us.

I want to wish you and yours a wonderful Christmas, and we'll see you in the New Year!

Sincerely,

Diane

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FAMILY MATTERS

December 2014

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About Family Matters
Family Matters was created to provide Service Members and Families the most up-to-date information and services available.

If you would like to contribute to future issues, or if you have suggestions and comments, please contact NCNG Family Programs ncngfamilyprograms@gmail.com.

E-Versions of this issue can be downloaded at the NCNG Family Programs web page at www.nc.ngb.army.mil/ss/fp.

Family Matters publications can be found at www.issuu.com/ncngfamily. There you can follow us or subscribe to our publication.

References in this newsletter to any specific commercial products, processes, services, or the use of any trade, firm, or corporation name does not constitute endorsement, recommendation, or favoring by NCNG Family Programs.

DEPLOYING? PCSING? NEED HELP WITH YOUR PETS?



FOR THE COMMON LOVE OF
DOG AND COUNTRY

DOGS ON DEPLOYMENT'S network is available for active duty, reservists, veterans, wounded warriors, and their families.*

Dogs on Deployment is a 501(c)(3) non-profit which promotes responsible pet ownership and provides an online resource for military members nationwide to search for volunteers who are willing to board their pets during their service commitments.

**Available to those who qualify.*

DOGS ON DEPLOYMENT ASSIST MILITARY PET OWNERS BY:

Providing the largest military-pet fostering network connecting pet owners with thousands of registered DoD Boarders

Distributing educational resources including information on PCS, responsible ownership tips and adoption resources

Bestowing financial aid to qualifying military members for help with their pet's care during emergencies or general assistance



As of May 2014, DoD has successfully placed nearly **500 PETS IN NEED**—a number continues to grow every week! DoD has provided close to **\$15K IN FINANCIAL AID** to military members and veterans for help with their pets' care.

"Thank you so much for thinking of and implementing such an amazing service! It is a relief to know that while I am deployed I can focus on my mission knowing my dogs will be safe and cared for in a DoD Boarder home. I will be forever grateful for DoD."

—US ARMY SOLDIER



MIDAS 2014 DOD MASCOT
AND PTS SERVICE DOG



SCAN THIS WITH A QR READER
ON YOUR MOBILE DEVICE

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WWW.DOGSONDEPLOYMENT.ORG



Day 5 – Friday, Dec. 5

5 p.m. EST – “The Year Without A Santa Claus” (1974)
6 p.m. EST – “Disney’s A Christmas Carol” (2009)
8 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)

Day 6 – Friday, Dec. 6

4 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)
6:30 p.m. EST – “Toy Story 3” (2010)
9 p.m. EST – “Arthur Christmas” (2011) *Network Television Premiere*

Day 7 – Sunday, Dec. 7

1:30 p.m. EST – “Jack Frost” (1998)
3:30 p.m. EST – “The Santa Clause 3: The Escape Clause” (2006)
5:30 p.m. EST – “Toy Story 3” (2010)
8 p.m. EST – “Toy Story That Time Forgot” (2014) *ABC Family Premiere*
8:30 p.m. EST – “Elf” (2003)
10:30 p.m. EST – “Toy Story That Time Forgot” (2014)

Day 8 – Monday, Dec. 8

5 p.m. EST – “The Year Without A Santa Claus” (1974)
6 p.m. EST – “Elf” (2003)
8 p.m. EST – “The Fosters” (2014) *New Holiday Episode*
9 p.m. EST – “Switched At Birth” (2014) *New Holiday Episode*
10 p.m. EST – “Santa Claus Is Comin’ To Town” (1970)

Day 9 – Tuesday, Dec. 9

5 p.m. EST – “Frosty’s Winter Wonderland” (1976)
5:30 p.m. EST – “Mickey’s Christmas Carol” (1983)
6 p.m. EST – “The Little Mermaid” (1989)

Day 10 – Wednesday, Dec. 10

6 p.m. EST – “The Year Without A Santa Claus” (1974)
7 p.m. EST – “Baby Daddy” (2013) Holiday Episode
7:30 p.m. EST – “Melissa & Joey” (2013) Holiday Episode
8 p.m. EST – “Melissa & Joey” (2014) *New Holiday Episode*
8:30 p.m. EST – “Baby Daddy” (2014) *New Holiday Episode*
9 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)

Day 11 – Thursday, Dec. 11

5 p.m. EST – “Jack Frost” (1998)
7 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
9 p.m. EST – “Scrooged” (1988)
Day 12 – Friday, Dec. 12

12 a.m. EST – “The Mistle-Tones” (2012)
4:30 p.m. EST – “Jack Frost” (1979)
5:40 p.m. EST – “Scrooged” (1988)
7:30 p.m. EST – “The Santa Clause” (1994)
9:30 p.m. EST – “Miracle on 34th Street” (1994)

Day 13 – Saturday, Dec. 13

5:30 p.m. EST – “Mickey’s Christmas Carol” (1983)
6 p.m. EST – “The Santa Clause” (1994)
8 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
10 p.m. EST – “Santa Claus Is Comin’ To Town” (1970)

Day 14 – Sunday, Dec. 14

1:30 p.m. EST – “Fred Claus” (2007)
4 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
6 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)
9 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)

Day 15 – Monday, Dec. 15

7 p.m. EST – “Disney’s Prep & Landing” (2009)
7:30 p.m. EST – “Disney’s Prep & Landing: Naughty Vs. Nice” (2011)
8 p.m. EST – “The Year Without Santa Claus” (1974)
9 p.m. EST – “The Polar Express” (2004)

Day 16 – Tuesday, Dec. 16

6:30 p.m. EST – “The Polar Express” (2004)
8:30 p.m. EST – “Home Alone” (1990)

Day 17 – Wednesday, Dec. 17

5:30 p.m. EST – “Santa Claus Is Comin’ To Town” (1970)
6:30 p.m. EST – “Home Alone” (1990)
9 p.m. EST – “The Santa Clause” (1994)

Day 18 – Thursday, Dec. 18

3 p.m. EST – “Prancer” (1989)
5 p.m. EST – “Mickey’s Once Upon A Christmas” (2007)
6:30 p.m. EST – “The Santa Clause” (1994)
8:30 p.m. EST – “Fred Claus” (2007)

Day 19 – Friday, Dec. 19

6 p.m. EST – “Home Alone” (1990)
8 p.m. EST – “Elf” (2003)
10 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)

Day 1 – Monday, Dec. 1

4 p.m. EST – “Jack Frost” (1979)
5 p.m. EST – “Santa Claus is Comin’ To Town” (1970)
6 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
8 p.m. EST – “Elf” (2003)
10 p.m. EST – “The Santa Clause” (1994)

Day 2 – Tuesday, Dec. 2

4 p.m. EST – “Rudolph and Frosty’s Christmas In July” (1979)
6 p.m. EST – “Elf” (2003)
8 p.m. EST – “The Santa Clause” (1994)

Day 3 – Wednesday, Dec. 3

5 p.m. EST – “Prancer” (1989)
7 p.m. EST – “The Santa Clause 3: The Escape Clause” (2006)
9 p.m. EST – “The Polar Express” (2004)

Day 4 – Thursday, Dec. 4

5 p.m. EST – “Rudolph’s Shiny New Year” (1976)
6 p.m. EST – “The Year Without A Santa Claus” (1974)
7 p.m. EST – “The Polar Express” (2004)
9 p.m. EST – “Disney’s A Christmas Carol” (2009)

Day 20 – Saturday, Dec. 20

4 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
6 p.m. EST – “Elf” (2003)
8 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)
10:30 p.m. EST – “Home Alone” (1990)

Day 21 – Sunday, Dec. 21

1 p.m. EST – “The Little Drummer Boy” (1968)
1:30 p.m. EST – “Nestor, The Long Eared Christmas Donkey” (1977)
2 p.m. EST – “Rudolph’s Shiny New Year” (1976)
3 p.m. EST – “Santa Claus’ Is Comin’ To Town” (1970)
4 p.m. EST – “The Year Without A Santa Claus” (1974)
5 p.m. EST – “Dr. Seuss’ How The Grinch Stole Christmas” (2000)
7:30 p.m. EST – “Home Alone” (1990)
10 p.m. EST – “The Polar Express” (2004)

Day 22 – Monday, Dec. 22

5 p.m. EST – “Frosty’s Winter Wonderland” (1976)
5:30 p.m. EST – “Rudolph’s Shiny New Year” (1976)
6:30 p.m. EST – “Santa Claus Is Comin’ To Town” (1970)
7:30 p.m. EST – “The Year Without A Santa Claus” (1974)
8:30 p.m. EST – “Toy Story That Time Forgot” (2014)
9 p.m. EST – “The Santa Clause”

Day 23 – Tuesday, Dec. 23

6:30 p.m. EST – “Toy Story That Time Forgot” (2014)
7 p.m. EST – “Home Alone” (1990)
9 p.m. EST – “The Polar Express” (2004)

Day 24 – Wednesday, Dec. 24

5 p.m. EST – “Home Alone” (1990)
7 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
9 a.m. EST – “Elf” (2003)

Day 25 – Thursday, Dec. 25

5 p.m. EST – “National Lampoon’s Christmas Vacation” (1989)
7 p.m. EST – “Elf” (2003)
9 p.m. EST – “Home Alone” (1990)



“So, what kind of job are you looking for?”

Be confident in your answer and network the right way in today's job market!

We are here to help military servicemen/women (Veterans as well as Guard and Reservists) define new career goals, map out job search strategies, identify opportunities, create personal marketing approaches and connect within the community to peers, mentors and coaches for continued networking and support.

Course developed and taught by Career Coaches and Executive Recruiters.

What they didn't teach you in TAP!

It's more than just a resume...

it's a holistic approach to finding the right career!

Sign up today! Five-part course beginning soon and space is limited!

- Location: University Area
- Dates: December 1st, 5th, 8th, 12th, and 15th
- Time: Mondays & Fridays, 8:30am-12:30pm



In addition to the five group classes above, students are required to complete three breakout sessions (one-on-one with assigned mentors and coaches) to cover more personalized resume writing, mock interviews and job shadowing. These extra sessions can be scheduled at the convenience of students and coaches.

Real world job search support... Topics covered include:

- | | | |
|---------------------------------|-------------------------|-----------------------------------|
| • Managing Change | • Career Planning | • Military to Civilian Transition |
| • Personality Assessment | • Interests Inventory | • Skills Assessment |
| • One-on-one Coaching/Mentoring | • Goal Setting | • Resume Writing |
| • Communication Strategies | • Networking | • Marketing Plan |
| • Researching Opportunities | • Interviewing Skills | • Working with Recruiters |
| • Job Applications | • Negotiating the Offer | • Career Resiliency |

**Registration fee of \$25 covers the entire program including an online personality/interests assessment and all eight learning opportunities.
(Scholarships available thanks to “Welcome Home Vets”)**



**Winter program begins December 1st!
Register online for upcoming classes
or call 704-904-4835.**

www.patriots-path.org

***Patriots Path is a registered 501(c)3 non-profit organization.
Post-Military Career Transition Strategies***

Tradition

Families have traditions they honor during specific times and occasions. Just as Families honor traditions, the military and Families follow appropriate etiquette and protocol when honoring their branch, unit and/or its members.

MILITARY FUNCTIONS/CEREMONIES

These special events can inspire patriotism and pride and are held for many reasons: changes of command, changes of responsibility, presentation of awards and medals, or retirement ceremonies. Certain traditions and courtesies should be observed during the ceremonies.

PROMOTION AND AWARD CEREMONIES

- As the presiding officer enters the room and is announced, everyone present should stand.
- When "Attention to Orders" is announced, soldiers rise to attention; civilians are not required to stand but, out of courtesy, should stand as well (at formal ceremonies, such as changes of command, the direction, "Attention to Orders," is usually omitted and therefore all remain seated).
- For a promotion ceremony, it is customary for the spouse and children to participate by pinning the new rank insignia on one shoulder (normally the left) while the presiding officer pins on the right.
- A receiving line, and sometimes a reception, will follow.

"Adjutant's Call" (the call which assembles all units under their common commander) has sounded over review fields and opened parades for over 200 years and on the formal invitation to a review, the Adjutant's call specifies the time you should be in your seat.

Excerpts from the United States Army War College Military Family Program publication, "Basics from the Barracks - Military Etiquette and Protocol" , an AY 2011 Spouses project. <http://www.carlisle.army.mil/orgs/SLDR/mfpPublications.htm>

December 7

National Pearl Harbor

Remembrance Day
The American Flag
is to be flown
half-staff from
sunrise to sunset

THE DIFFERENCE IS:

MILITARY ETIQUETTE

Military Etiquette is the everyday good manners along with the customs, courtesies, and traditions of the different services.

PROTOCOL

Protocol is the strict form of etiquette and diplomatic courtesy, customs of service (system of accepted social patterns and traditions accepted by the military) and common courtesies (the traits of kindness, friendliness, thoughtfulness and consideration of others) create order. They let us know what to expect in a given situation.

NCNG TEEN COUNCIL

December Meetings

Thursday, 4 December 2014 - NCNG Charlotte Teen Council Meeting

NC Air National Guard, 4930 Minuteman Way, Charlotte, NC 28208 (meeting is from 6:00 - 8:00pm)

Friday, 5 December 2014 - NCNG Greensboro Teen Council Meeting

Guilford County Extension Office, 3309 Burlington Rd., Greensboro, NC 27405 (meeting is from 5:00 - 8:00pm)

Tuesday, 9 December 2014 - NCNG Triangle Teen Council Meeting

Wake County Extension Office, 4001 Cary Drive, Raleigh, NC 27610 (meeting is from 6:00 - 8:00pm)

If interested or have questions, please contact Alice Dean, Lead Child & Youth Program Coordinator, at [800-621-4136 ext. 12548](tel:800-621-4136) or alice.c.dean.ctr@mail.mil. RSVP is needed in order to attend meetings.



Members of the Triangle NCNG Teen Council take a moment to pose for some "selfies" during October's meeting.

LearningCounts™ for SECO

Earn college credit for what you know!

Not all learning takes place in the classroom. The knowledge you acquire through life and work experience is extremely valuable, and may be worth college credit.

LearningCounts for the Department of Defense Spouse Education and Career Opportunities program or SECO is a new initiative to help military spouses earn college-credit for knowledge and expertise gained through life and work experience.

How does it work?

LearningCounts is an easy to use online service that helps you identify college-level learning gained from:

- Volunteer and community service
- Work experience
- Training programs
- Military service
- Independent study

LearningCounts online courses guide you in building an online Learning Portfolio that aligns your knowledge and expertise with college courses. Your Learning Portfolio is then evaluated for college credit.

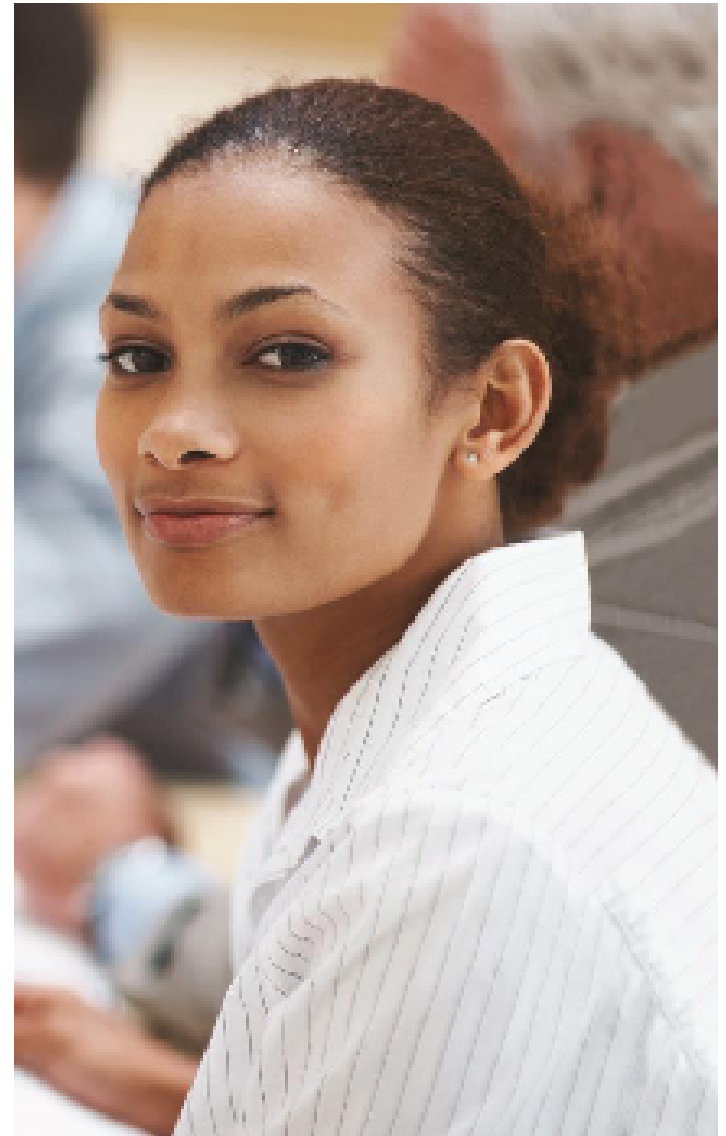
Is LearningCounts™ right for me?

LearningCounts is a great opportunity if you:

- Are a strong writer or have taken a basic college-level writing course
- Have completed at least one other online course, or have good computer skills and will feel comfortable completing an online course
- Have several years of work, volunteer and/or other life experience in an area that aligns with college coursework – for example: communications, management, information technology, marketing, healthcare, or merchandising.

Why use LearningCounts™?

- **It saves time and money!** Why spend time and money taking a college course when you could build a Learning Portfolio to earn credit for what you know??
- **It's convenient and fits your busy schedule!** LearningCounts online courses can be taken any time and anywhere.



How can I get more information about LearningCounts™?

We're glad you want to know more about the LearningCounts for SECO program. Please contact a SECO career counselor at 800-342-9647.



An online innovation from



Celebrating the Holidays Away

By Staff Sgt. James Zimmer, 230th Brigade Support Battalion, North Carolina National Guard

Another holiday season is here and being in the military can make it especially hard to cope with the stress that it brings. There are very few professions that require you to miss important life events like Thanksgiving, Christmas, anniversaries, and birthdays. Some would think that the actual holiday is the most stressful day, but in reality the explanation to a son or daughter why you can't be there is the hardest.

How do we as America's warriors rise up every day, strap those boots on, and say hard words like "goodbye" or "see you soon"? There are no easy answers to this question, but there are some things that can ease the pain of missing your family during the holidays.

You Don't Need to Be Alone

One of the first things service members have to remember is that, even though we left a family behind, we also brought one with us. Instead of spending time alone aboard a ship or in a barracks room, get out and connect with your military family. Your battle buddy to the left and right of you is probably going through the same experience.

Technology has advanced dramatically since I was in Northern Iraq back in 2003. Back then you were lucky to get a call home which only lasted 15 minutes and only when the operator could connect you. Now, programs like Skype, Google Hangout, and others help you talk to—and often see—your family members.

In my last deployment, these tools let me see my family a lot more often than when my only option was to wait months for pictures to arrive in the mail. Another benefit was that my kids got to see and interact with me, helping a little with their separation anxiety.

Video tools are easier now, too. Ask your significant other to record special events like kids opening Christmas presents (if you can't witness this live on Skype). I remember missing my oldest son receiving an award from his school, but it made a big difference to get to see it later on.

People Trained to Help

There are many other resources to help us get through the really tough times. One of the most approachable is the unit chaplain, who has received related training. I know a lot of service members can be a little apprehensive because they might not be a part of that religion or denomination. From personal experience, I can assure you that this is never an issue and, unless you broached the subject, the chaplain never brought it up.

Your supervisor or someone within your chain of command has tools at his or her disposal to get you the help you need. As a leader, I pay a lot of attention to my soldiers and, when I see behaviors that are detrimental, I find it never hurts to ask what is wrong. I have a vested interest in the well-being of my subordinates and will do whatever I can to help them.

The holidays are never easy in the military and, after having served 16 years, I can say that being away during the holidays never gets any easier. But, connecting with other people and seeking help when you need it makes coping with the stress of the coming months that much more bearable.

James Zimmer has been in the military for 16 years, eight of which were on active duty stationed at Fort Bragg, NC, and Vicenza, Italy. He is currently in the North Carolina National Guard where he serves as the unit supply sergeant. Zimmer graduated from American Military University with a bachelor's in Psychology and is currently pursuing a master's in Social Work at the University of Louisville.



A Christmas hat is placed on a MQ-9 Reaper at the 62nd Expeditionary Reconnaissance Squadron, Dec. 16, 2011. The MQ-1 and MQ-9 were both dressed for a group photo embracing the holiday spirit. US Air Force photo by [Senior Airman Corey Hook](#). Image from [www.dividshub.net](#).



homework, studying, projects, papers, test prep

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Active Duty, National Guard & Reserve Families

Go to [www.tutor.com/military/eligibility](#) for a complete list of who is eligible to access the program.



tutor.com

Every Drop Counts

Rex will be hosting a Blood Drive on December 9, 2014, at Joint Force Headquarters, 1636 Gold Star Drive, Raleigh, NC 27607 from 10 AM to 2 PM.

This year they will be giving out Christmas ornaments with your donation. If you are interested, please follow the link provided to sign up for your appointment time. To register, visit www.mysignup.com/nationalguard.

Want to donate but missed this one, find a blood drive with the American Red Cross online at the www.redcrossblood.org

Gift of Giving

Help Bring Christmas to NC National Guard Children in Need Adopt an Angel

Each year, North Carolina National Guard Family Programs organizes Christmas donations for NC Army & Air National Guard children of Families needing assistance. We need your help this year again. Stop by the JFHQ Family Programs office and pick up angel. Your paper ornament will have on the back the first name, age, gender, and "wish list" of a child. Your good deed can make a big difference in the life of a National Guard Family and their child.

TO ADOPT AN ANGEL

Contact SSG Tammy Fowler at (800) 621-4136 Ext. 46876 or tammy.l.fowler.mil@mail.mil.

You may also drop by the office where someone will be happy to assist you.



JOIN OVER 3.1 MILLION YOUNG PEOPLE

DoSomething.org makes the world suck less. One of the largest orgs for young people and social change, the 3.1 million members tackle campaigns that impact every cause, from poverty to violence to the environment to literally everything else. Any cause, anytime, anywhere. *mic drop



VolunteerMatch.org
Where volunteering begins

VolunteerMatch strengthens communities by making it easier for good people and good causes to connect. The organization offers a variety of online services to support a community of nonprofit, volunteer and business leaders committed to civic engagement. Our popular service welcomes millions of visitors a year and has become the preferred internet recruiting tool for more than 99,000 nonprofit organizations.

Get on board and discover all of the great resources and tools available on Joint Services Support (JSS). JSS is the gateway for National Guard Service Members, Family Members and volunteers to find resources for support and assistance for daily living. You can find information on events in your local area or search a state you might be visiting. Employer Support of the Guard and Reserve, transition support, behavioral health and finances are just a few of the services found on JSS.

JSS is also the place where Family Readiness volunteers can access a wealth of information and tools to aid in assisting Military Families. Logging monthly volunteer hours, participating in interactive trainings, creating and promoting FRG events is simple with the amazing technology available on the JSS website.

Now using Joint Service Support is more exciting than ever with “My JSS Rewards.” Using the many resources available on JSS qualifies volunteers to be entered into a drawing. By simply logging on each month to enter volunteer time, take training, create an event or utilize any of the great tools, volunteers can win prizes such as a small gift bag/basket or other token of appreciation.

JOIN THE JSS MOVEMENT!

Sign up for an account today and enjoy all of the benefits of using JSS. It’s simply the smart way to go!

The Rewards program began on 1 Jul 14; so, get started if you haven't already. Register for your account today at <https://www.jointservicessupport.org> The first drawing was held in October! The winner will be announced soon!

*Rewards Entry Form, next page
December JSS Webinars, page 13*

“If you think you’re too small to have an impact, try going to bed with a mosquito in the room.” ~ Anita Roddick, 2014 Military Child of the Year recipient, Army.

www.militarychildoftheyear.org/

2015 Military Child of the Year® Award Recognizing Young Patriots

Operation Homefront is pleased to present the Military Child of the Year® Award to outstanding military children who demonstrate resiliency, leadership and achievement. Recipients representing each service branch are recognized at a Washington, DC Gala celebration in April each year.

The seventh annual award will be presented April 16, 2015 at the Ritz-Carlton, Pentagon City, near Washington, DC.

In addition to the trip to our nation’s capital, Recipients are awarded a laptop computer and a \$10,000 award.

To learn more about Operation Homefront and the Military Child of the Year® Award, click the [ABOUT](#) tab.

My JSS Rewards Entry Form

Contest Instructions: Prize drawings will be held quarterly. Entry forms are to be completed for each month that you utilize JSS. List all JSS activities and the dates completed. For each activity listed, volunteers will have their names entered into the drawing once per activity. Forms must be submitted to Family Readiness Support Assistants not later than one week after the close of each month.

Month _____

(FIRST NAME, LAST NAME)

POSITION TITLE

Unit/Battalion/Brigade

Please list the JSS activities that you participated in this entry period

1. Trainings:

2. Entering Volunteer time:

3. Adding an Event:

4. Other:

Digging Your Own Foxhole



Let's face it, we all know that at times military life is unpredictable at best. If there's one thing that is important for all military spouses to understand it would be that you are in charge of your experience. Some of us have our own careers, others volunteer but all of us are an important part of the puzzle. Once you decide what piece of that puzzle you want to be, it is up to you to learn as much as you can about your part. Classes, websites, social networking, meetings, connecting with your peers (a.k.a. the sisterhood and misterhood) are all resources available to us

if only we participate, ask questions and make a commitment to make a difference. Like our spouses have to dig their own foxhole during a training exercise, we also have to learn so we can teach others.

Throughout history military wives have followed their husbands and played an important role in supporting not only their spouse but also other service members and their Families. A wonderful example of this is Catharine Greene, wife of Major General Nathanael Greene, the first Quartermaster General. She did not want to stay at home so she made it a point to try and join her husband at different encampments during the Revolutionary War. She was an impromptu interpreter between the American and French officers and she opened her home as a temporary hospital.

Another example is Elizabeth "Libbie" Custer, wife of Major General George Armstrong Custer. She went with her husband, riding in the ranks, wherever he was stationed. When he was posted at Fort Lincoln, in the Dakota Territory, she set "the social tone for the post". Libbie even managed to write books about her experiences during this time. A modern example is Julia Compton Moore, wife of Lieutenant General Hal Moore. During the Battle of Ia Drang in autumn 1965, Julia reacted when taxi drivers delivered telegrams notifying family members that their soldier had died. She followed those taxis, offered comfort, and attended funerals for many of the 1st Battalion, 7th Cavalry troopers buried at the Fort Benning, Georgia cemetery.

When we think about the hardships and struggles that these women must have endured supporting their men, we find ourselves in awe. We'd like to believe that they ask the same questions that husbands and wives are asking now: how can we help and what role do we want to play in support of our troops and our spouse? How are we going to make that happen? All it will take is for us to decide to choose to be a part of the network of Army spouses.

"They'll figure it out is a good thought, but we need to let them know that they can do it; if they don't have the experience or the confidence, then they won't try. —Donna C.

Sometimes this is easier said than done. For those of us who are shy or uncomfortable just walking up and talking to new people, it can be a real struggle to become part of the group, much less become a leader. But if we don't put ourselves out there, we miss out on the truly amazing experiences that being a military spouse have to offer us.

"This is a tough life and a thick skin is a must...get involved from the very beginning; the more involved you are the more knowledgeable you [become about] the workings of the Army. Because of [senior spouses] I stayed, I volunteered, I mentored others, I became a strong Army Wife." —Angela

We look to those in our Unit Family Readiness Group (FRG), experienced spouses, or mentors for guidance or we reach out to friends from previous units for their advice or counsel. But in the end it is up to us to ask questions and seek out the information.

"I used to carry a little tag she gave me on a gift as we left Fort Bragg. It said "Believe in Yourself". I carried that tag with me for over 10 years, and when I had a challenge I always whispered to myself, "What would (she) do?" And, I knew if I did that I'd do the right thing. I asked myself that for almost 10 years, until one day I stopped asking the question because it was part of who I was and I trusted myself... I believed in myself." —Melissa

No one will regret putting in the time that it takes to learn how and why things are done certain ways. Plus, we can pass what we know and learn onto other spouses and empower them!



National Guard Bureau
www.JointServicesSupport.org

Please note all our webinar times are in Eastern Standard Time.

DECEMBER 2014 JSS WEBINAR SESSIONS

Using the Contacts and Resources Tool in JSS

Wednesday December 3, 2014 10:00 - 10:30 AM

During this session, you will learn how JSS enables you to search for a resource, add a new resource and manage resources.

Please register online. Instructions for connecting to the webinar will be sent via email.

<https://www.jointservicesupport.org/Events/EventDetails.aspx?Id=6e688319-f20a-412c-940c-a79a7796d67f>

Using the Groups Tool in JSS

Tuesday December 9, 2014 10:00 - 10:30 AM

This webinar shows users how to use the JSS Groups tool to connect with others, access information, and communicate effectively over email and on the web.

This includes how to post events in a shared calendar, upload documents to a File Library, and collaborate in forum discussions.

Please register online. Instructions for connecting to the webinar will be sent via email.

<https://www.jointservicesupport.org/Events/EventDetails.aspx?Id=1082ea68-1b6d-4059-9f10-405543b644ba>

Take **3** to Survive Flu Season



Get Vaccinated (It's Free!).

All Soldiers are required to get the flu vaccine. Get your free vaccine through TRICARE insurance at a nearby participating pharmacy or during an upcoming drill weekend for free.



Wash Your Hands Regularly.

Wash your hands before and after eating, after using the restroom, or after you've been exposed to large crowds or sick individuals. Apply soap to wet hands and lather for 20 seconds, or as long as it takes to hum the "Happy Birthday" song.



If You Catch the Flu, Antiviral Medications Can Help.

If you are experiencing flu-like symptoms, antiviral medications can lessen the side effects and help you recover faster. Reach to your Medical Readiness NCO immediately after noticing signs of the flu.

Digging Your Own Foxhole

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Connecting, coaching, and mentorship—using the human touch—can provide the missing link to make a spouse feel they have control over their life as a military spouse.

"[She] taught me that the ability to converse with all will make the difference. Not just talking to talk but being sincere. She spoke to all as though we were worthy of living a comfortable lifestyle. She validated our presence by treating us like we mattered. We had something to offer and she was going to empower us."
—anonymous

Having the tools and means to conduct our everyday lives and business within the military world is a key factor in being self-sufficient and proactive which in turn means we feel empowered.

"I'm the S3 wife, and the XO's [Executive Officer's] wife and I have to do a farewell for the [Battalion Commander's] wife, and hail the incoming wife—we have no guidelines! So I asked someone who used to be an XO's wife, and she had kept an instruction booklet on it; we ended up passing that information around to the other Major's wives in our sister units because they didn't have anything either." —Rose

Allowing Rose to connect with other wives who are in her peer group let her develop long-lasting networks and provide a feeling of accomplishment that she otherwise wouldn't have if she received guidance from the outgoing and incoming wives.

There is always someone within your spouses' network who has "been there and done that". They have the knowledge to pass on to others of their own struggles and triumphs. The lessons that can be learned are endless. All we need to do is reach out to one another, share our experiences and ask for help in navigating our own path.

Excerpt from The United States Army War College Family Programs publication, "Recapture the Sisterhood, Embrace the Misterhood", an AY (Assessment Year) 2012 spouse's project.

<http://www.carlisle.army.mil/orgs/SLDR/mfpPublications.htm>



National Military Family Association Military Spouse Scholarships

Our scholarship and professional support program's goal is to help military spouses prepare for meaningful employment and to better contribute to their family's financial wellbeing.

You must be a spouse with a valid military ID to apply. This includes spouses of active duty, guard, reserve, and retired service members, as well as surviving spouses.

Spouses who are service members themselves are generally not eligible to apply, but we may permit exceptions on a case-by-case basis.

Scholarships and other awards range from \$500 to \$2,500, depending on the type of program you are pursuing and the funding we have available.

You may apply each year, even if you have been awarded in a previous year.

Scholarships and funding are available for a variety of educational and professional pursuits:

- Associate's Degree
- Bachelor's Degree
- Master's Degree
- Ph.Ds.
- Trade School
- Licensure fees and exams
- Certification programs
- Supervision for mental health licensure
- High School Equivalency classes and exams
- English as a Second Language classes

Important Dates

December 1, 2014 – January 31, 2015 (noon Eastern Standard Time) - Applications accepted online only

March 31, 2015 - Scholarship recipients notified by email

April 1, 2015 - Verification information deadline (agreement form, copy of your marriage license and military affiliation proof).

June 30, 2015 - Scholarship checks mailed to schools

Applications are open December 1, 2014 – January 31, 2015

To apply, please visit:

<http://www.militaryfamily.org/our-programs/military-spouse-scholarships/>



ARMY FEE ASSISTANCE



Providing Army Families with affordable child care that suits their specific needs.

NOTE: THIS PROGRAM WAS PREVIOUSLY KNOWN AS NACCRAA AND ALSO CHILD CARE AWARE.

ARMY FEE ASSISTANCE (AFA) PROGRAMS

- Army Child Care in Your Neighborhood (ACCYN)
- Army School-Age Program in Your Neighborhood (ASPYN)
- Operation Military Child Care (OMCC)
- Military Child Care in your Neighborhood (MCCYN)

*Note: ACCYN and ASPYN are only available at select locations

Who is eligible to receive AFA?

Families who cannot access Installation operated Child Care due to geographic location or long waiting lists.

- Active Duty Army
- Army National Guard Military Technicians (Dual Status and Non-Dual Status)
- Active Army National Guard, which includes Soldiers on an Active Duty Order under Title 10 or Title 32 for at least 30 consecutive days.
- Active Army Reserves
- Department of the Army Civilians

(Soldiers in a State Active Duty status are not eligible.)

What does AFA help Families pay for?

- Annual Child Registration Fees (up to \$150 per child annually)
- Full Day Care (25+ hours per week)
- Part Time Care (16-25 hours per week)
- Before and After School/Summer Care
- Respite Child Care (16 hours per child per month)

What do I need to enroll in Army Fee Assistance?

Families and Community Care providers must complete the application. Supporting documents must be submitted with the application, per instructions, to demonstrate eligibility and Total Family Income.

Supporting Documents

- Self Certification form
- Service Member's Leave/Earning Statement (LES)
- Spouse's most recent pay stub or proof of enrollment in school Note: Pay stub must cover one full pay cycle
- Child (ren)'s birth certificate or self certification statement
- Military orders

How do I enroll in Army Fee Assistance?

1-866-508-0371

http://financweb.gsa.gov/childcare_portal



Emergency Supplies

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable Food** at least a three-day supply
- ✓ Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and **extra batteries** for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First Aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic sheeting** and **duct tape** to shelter-in-place
- ✓ **Important Family Documents**
- ✓ **Items for unique family needs**, such as daily prescription medications, infant formula or diapers
- ✓ **Cell phone and chargers**



If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including: important family documents.

Clothing and Bedding:

- ✓ A **jacket** or **coat**
- ✓ **Long pants**
- ✓ A **long sleeve shirt**
- ✓ **Sturdy shoes**
- ✓ A **hat** and **gloves**
- ✓ A **sleeping bag** or **warm blanket** for each person

(continued)

Below are some other items for your family to consider adding to its supply kit.

Some of these items, especially those marked with a * can be dangerous, so please have an adult collect these supplies.

- ✓ Emergency reference material such as a first aid book or a print out of the information on **www.ready.gov**
- ✓ Rain gear
- ✓ Mess Kits, paper cups, plates and plastic utensils
- ✓ Cash or traveler's checks, change
- ✓ Paper towels
- ✓ Fire Extinguisher
- ✓ Tent
- ✓ Compass
- ✓ Matches in a waterproof container *
- ✓ Signal flare*
- ✓ Paper, pencil
- ✓ Personal hygiene items including feminine supplies
- ✓ Disinfectant *
- ✓ Household chlorine bleach * - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ✓ Medicine dropper
- ✓ Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.



2014
FORT
BRAGG

TREES *for* TROOPS

E-6 AND BELOW ONLY
YOU MUST BRING YOUR ID CARD

December 5th
at Smith Lake
Beginning at 9 a.m.*

FREE Christmas trees for E-6 and below Active Duty Soldiers, National Guard, Reserve and their Families age 18 years and over.

TO EXPEDITE DISTRIBUTION OF THIS YEAR'S ALLOTMENT, CUSTOMERS WILL NOT BE ABLE TO CHOOSE A TREE.

PLEASE REMAIN IN YOUR VEHICLE AND A TREE WILL BE LOADED FOR YOU.

*While supplies last - One tree per Family
Trees cannot be held for later pick-up
No cars will be allowed to line up prior to 8 a.m.



FedEx

Sponsorship does not imply Army endorsement

Enter Smith Lake Road from Honeycutt Road.
For more information, call 643-6334

Family & MWR
The Customer's
First Choice
fortbraggmwr.com



[Family Assistance Centers

Family Assistance Centers are located across the State to provide assistance to ALL Military Service Members and their Families. If you know of a Service Member or Military Family that has a question or concern, please share our contact numbers, web site, newsletter, and Facebook link. We're here to help.

East Flat Rock Unit Family Contact Center

2025 Spartanburg Hwy, 28726/ (800) 621-4136

Rebekah Torres, email: rebekah.s.torres.ctr@mail.mil, Ext. 10565

Charlotte Unit Family Contact Center

4240 West Blvd., 28208 / (800) 621-4136

Carry Bandy, carry.s.bandy.ctr@mail.mil, Ext. 14573

Anthony Moore, Email TBA, Ext. 14547

Greensboro State Family Assistance Center

110 Franklin Blvd., 27401/ (800) 621-4136

Lynn Stenson, Email TBA, Ext. 15649

Greenville State Family Assistance Center

1401 N. Memorial Dr., 27834/ (800) 621-4136

Kyle Snyder, kyle.j.snyder.ctr@mail.mil, Ext. 11150

Lenoir State Family Assistance Center

1535 Beecher Anderson Rd., 28645/ (800) 621-4136

Frances Johnson, frances.r.johnson28.ctr@mail.mil, Ext. 11242

Raleigh Unit Family Contact Center

4105 Reedy Creek Rd., Raleigh, 27607/ (800) 621-4136

Lisa Faison, lisa.m.faison.ctr@mail.mil, Ext. 47100

Mark Woolbright, mark.l.woolbright.ctr@mail.mil, Ext. 47102

JFHQ Unit Family Contact Center

1636 Gold Star Dr., Raleigh, 27607 / (800) 621-4136

Wendi Bell, wendi.h.bell.ctr@mail.mil, Ext. 46078

Smithfield Unit Family Contact Center

406 Hospital Rd., 27577/ (800) 621-4136

Abby Millsap, abigail.e.millsap.ctr@mail.mil, Ext. 12784

Southern Pines Unit Family Contact Center

500 Morganton Rd., 28387/ (800) 621-4136

Earlene Capps, earlene.b.capps.ctr@mail.mil, Ext. 12863

Wilmington Unit Family Contact Center

2412 Infantry Rd., 28405/ (800) 621-4136

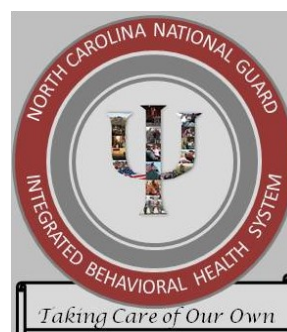
Jim Marley, james.e.marley.ctr@mail.mil, Ext. 16918

Winston-Salem Unit Family Contact Center

2000 Silas Creek Pkwy., 27103/ (800) 621-4136

Sandy Harrison, sandra.b.harrison2.ctr@mail.mil, Ext. 17131

[Statewide Support



NC National Guard and Families'
First line of Defense
Call Behavioral Health
at 1-855-322-3848



Military OneSource

Military OneSource is here to help you with just about any need, by phone or online.

The service is completely private and confidential, with few exceptions.

www.militaryonesource.com
(800) 342-9647

Family Readiness Support Assistants

(800) 621-4136 PLUS EXTENSION

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RALEIGH

Vacant

Senior FRSA

GREENSBORO

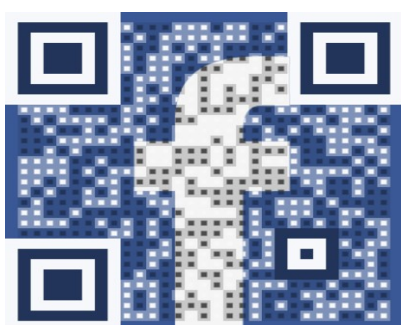
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